
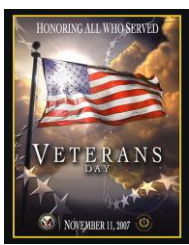





NOVEMBER 2018

National City George H Waters
AT THE TOWERS
 1415 "D" Avenue- National City, CA 91950
 (619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk	Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M		1) PORK CHOP CHARCUTIER PASTA PILAF GRILLED VEGETABLES RAINBOW COLESLAW APPLESAUCE W/CINNAMON MILK	2) CATCH OF THE DAY LONG GRAIN & WILD RICE CARROTS & PARSNIPS GARDEN SALAD STRAWBERRY SHORT CAKE MILK
5) BEEF STROGANOFF EGG NOODLES ITALIAN BLEND LEAFY MEDLEY SALAD ITALIAN ICE MILK / JUICE	6) VEAL PARMESAN W/ MARINERA PASTA PILAF WINTER BLEND TOSSED GREENS PEARS MILK	7) COUNTRY FRIED CHICKEN SWEET POTATO FRIES BRUSSELS SPROUTS BLACK EYED PEA SALAD ORANGE FRUITED GELATIN MILK	8) BEEF BRISKET HONEY BAKED BEANS CARROT COINS MACARONI SALAD TANGERINES MILK	9) CATCH OF THE DAY SAFFRON RICE ASIAN STYLE VEGGIES PICO DE GALLO HONEYDEW & CANTALOUPE MILK
12) CLOSED FOR VETERN'S DAY 	13) TERIYAKI PORK CHOPS STEAMED RICE ORIENTAL BLEND BROCCOLI SLAW GRANNY SMITH APPLE MILK	14) BRAISED BEEF TIPS EGG NOODLES PEAS & CARROTS CAESAR SALAD FRESH BANANA MILK	15) CHICKEN & PORK RIBS PATTY BAKED BEANS GRILLED VEGGIES POTATO SALAD CHERRY PIE MILK	16) CATCH OF THE DAY SAFFRON RICE OREGON BEAN MEDLEY CARROT SALAD PEACH MELBA MILK / JUICE
19) BAKED HAM W/ FRUIT SAUCE SWEET POTATOES W/ CRANBERRIES STEAMED BROCCOLI TOSSED SALAD APPLE COBBLER MILK	20) PEPPER STEAK STEAMED RICE ORIENTAL BLEND ROMAINE SALAD WATERMELON MILK / JUICE	21) ROAST TURKEY W/ STUFFING MASHED POTATOES CHEF CUT VEGGIES ORANGE CRANBERRY NUT SALAD PUMPKIN TART MILK	22) CLOSED THANKSGIVING DAY 	23) CLOSED
26) PORK CHOP W/ DEMI GLAZE BAKED POTATO BRUSSELS SPROUTS FRUIT COCKTAIL CALIFORNIA PASTA SALAD MILK	27) BACON WRAPPED BBQ CHICKEN FRENCH FRIES SAUTEED SPINACH RAINBOW COLESLAW ORANGE SMILES MILK	28) DELICIOUS LITE LEMON CHICKEN BARLEY PILAF SWISS CHARD MARINATED BEET SALAD STRAWBERRY SHORCAKE MILK	29) OLD FASHIONED ROAST BEEF MACARONI & CHEESE SCANDINAVIAN VEGGIES TWO CABBAGE SALAD BLUSHING PEARS MILK	30) CATCH OF THE DAY SHRIMP FRIED RICE ASIAN STYLE VEGGIES FRUITED GELATIN BROWNIE MILK / JUICE

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE SERVICES (AIS) ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.